

State of Nebraska Wellness Resources



*Employees and spouses enrolled in ANY of the State of Nebraska health plans are eligible to participate in any of the following **wellnesOptions** programs at no cost to you.*

- **(NEW!!!) Personalized Lifestyle Programs**

Choose from one of five self-directed digital health coaching programs that provide you a personal plan, on-going guidance and plenty of resources – similar to having your very own virtual coach! Program options include: 1) *Balance* - manage weight, 2) *Breathe* - quit smoking, 3) *Move* - increase physical activity, 4) *Nourish* - improve nutrition, and/or 5) *Relax* - manage stress.

- **Cardio Log**

One of the best ways to maintain or improve your health is to engage in physical activity each day. Based on feedback, you can now record a greater variety of physical activities whether it's sports, fitness classes, cardiovascular activities, strength training, flexibility workouts and more. Simply select your workout from a variety of activities, then enter your time – and it's as easy as that!

- **Walk This Way**

If you are looking for a fun, informative and effective program that engages and motivates you to stay or become more active, this program is for you! Whether you are currently inactive or active, boost your activity level by wearing a pedometer and tracking your steps online.

- **EMPOWERED Coaching™: Lifestyle Management**

You can confidentially work with a coach to support and guide you in making lifestyle changes that you are ready to make, by selecting among 13 different focus areas related to physical activity, healthy eating, stress management and smoking cessation.

- **EMPOWERED Coaching™: Condition Management**

Individuals with a chronic condition (Heart or Respiratory Conditions, Diabetes, Depression, Back Pain) can work with a coach, in conjunction with your physician, to help manage your health, feel better and enjoy the best quality of life possible! The Health Coach and participant work together to develop a personalized, confidential plan.

- **BIOMETRIC SCREENINGS**

Completed on an annual basis, learn your 'numbers' (Blood Pressure, Height/Weight, Cholesterol, Triglycerides and Glucose) by participating in one of three biometric screening options.

- **HEALTH ASSESSMENT**

Completed on an annual basis, this online questionnaire asks about lifestyle behaviors, health history and provides a snapshot of your current health status. You will receive personalized, confidential report on your health risks and steps you can take to improve or maintain your health status.